November

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Election Day 2	3	4	
Chicken	Pineapple Glazed Ham	Hawaiian Pork Chop	Chicken Cutlet
w/ gravy	1/2c Sweet Potatoes	1/2c Blended Rice Pilaf	1/2c.Mixed Vegetables
1/2c Buttered Bowties	1/2c Peas & Carrots	1/2c Island Blend Vegetables	1/2c.Baked Beans
1/2c Broccoli & Cauliflower Blend	Wheat Bread	Wheat Bread	Hamburg Bun
Wheat Bread	Fresh Fruit	Cake	1/2c. Peaches
1/2c Mixed Fruit	Milk	Chocolate Milk	Milk
Milk			
9	10	Happy Veteran's Day!! 11	1
Bacon Cheeseburger	Salmon Cakes		Chicken & Dumplings 1c
w/ Bacon, Lettuce, Tomato	Scalloped Potatoes		1/2c ColeSlaw
1c Creamy Potato Soup w/ Crackers	1/2c. Broccoli		Buttermilk Biscuit
Hamburger Roll	Wheat Bread	Closed Holiday	1/2c Applesauce
Fresh Fruit	1/2c. Fruit Mx		Milk
Milk	Milk		
16	17	18	1
Potato Crusted Fish	Swiss Steak w/ gravy	Pulled Turkey w/ gravy	1c Chili
1/2c Macaroni & Cheese	1/2c Noodles	Stuffing	1oz Cheddar Cheese
1/2c Stewed Tomatoes	1/2c. Peas & Carrots	Mashed Potatoes	1c Tossed Salad
Wheat Bread	Wheat Bread	Vegetable Blend	Cornbread
Fresh Fruit	1/2c. Pears	Dinner Roll	1/2c Applesauce
Milk	Chocolate Milk	Pumpkin Custard	Milk
		Milk	
23	24	Happy Thanksgiving!! 25	2
Chicken Bruschetta	Roasted Pork		
1/2c. Pesto Pasta	w/ Dijon Mushroom Sauce		
1c. Mixed Greens Salad w/ Drs	1/2c Vegetable Rice Pilaf		
1/2c Island Blend Vegetables	1/2c Green Beans	Closed Holiday	Closed Holiday
Dinner Roll	Wheat Bread		
Cake	Fresh Fruit		
Milk	Milk		
30			2963
BBQ Chicken			
1/2c Buttered Bowtie Pasta	Lunches are available on days when facilities are open to the public. Please contact your local senior center for a schedule. Menus subject to change		
1/2c. Peas			The
Wheat Bread			NT-4-14
Fresh Fruit	wichus subject	 	Nutrition I
Milk			Group
	Chicken w/gravy 1/2c Buttered Bowties 1/2c Broccoli & Cauliflower Blend Wheat Bread 1/2c Mixed Fruit Milk Bacon Cheeseburger w/ Bacon, Lettuce, Tomato 1c Creamy Potato Soup w/ Crackers Hamburger Roll Fresh Fruit Milk 16 Potato Crusted Fish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes Wheat Bread Fresh Fruit Milk 23 Chicken Bruschetta 1/2c. Pesto Pasta 1c. Mixed Greens Salad w/ Drs 1/2c Island Blend Vegetables Dinner Roll Cake Milk 30 BBQ Chicken 1/2c. Peas Wheat Bread Fresh Fruit	Chicken w/ gravy 1/2c Buttered Bowties 1/2c Peas & Carrots 1/2c Peas & Carrots Wheat Bread Fresh Fruit Milk Milk Milk Milk Milk Milk Milk Milk	Chicken w/ gravy 1/2c Buttered Bowties 1/2c Peas & Carrots Wheat Bread Fresh Fruit Milk Milk Milk Milk Milk Milk Milk Milk